

# TRY IT TUESDAY: CAULIFLOWER



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

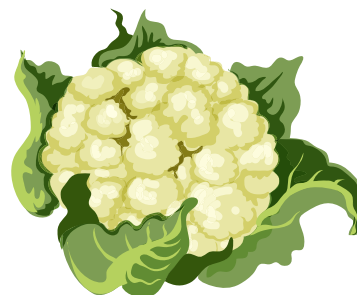
## Health Benefits of Cauliflower:

- Excellent source of vitamin C, folate, and vitamin K.
- High in fiber.
- Good source of antioxidants.
- Can aid digestion.
- Supports bone health.



## Cook Challenge:

- Try cauliflower (fresh, frozen, or even riced). Brainstorm ways you could include cauliflower in your diet.



## Sous Chef Challenge:

- Visit [chefs.org/recipes](https://chefs.org/recipes) and choose one of our recipes featuring cauliflower. Make the recipe at home and enjoy with your family!
  - Indian Vegetable Curry
  - Vegetables with Herb Dip
  - Coconut Lime Cauliflower Rice



## Head Chef Challenge:

- Create your own recipe using cauliflower!